



Using your Alvesco[®] Metered Dose Inhaler (Ciclesonide): Steps 1 to 11



***Note: The manufacturer of Alvesco[®] does not at this time recommend the use of a spacer with the Alvesco[®] metered dose inhaler.**

1. You do not need to shake your Alvesco inhaler before use.
2. Uncap mouthpiece and look for loose objects in the device.
3. **Breathe OUT normally** and away from inhaler. Don't take a breath until step #5.
4. Put inhaler mouthpiece in your mouth. Close your lips around the inhaler mouthpiece and keep tongue below it.
5. **Breathe IN deeply and slowly** as you **press down** on the center of the of the inhaler canister **1 time**.
6. **Continue to breathe IN slowly** to fill you lungs full of medicine.
7. **Hold your breath for 5 seconds** and then take the inhaler out of your mouth. We want to keep your lungs filled with medicine for 5 seconds.
8. **Breathe IN and OUT normally**
9. Wait at least **15 seconds** before repeating steps 1–8 for the **next puff**.
10. **After use, gargle with water and spit it out. Do not swallow.**